

BRIDGES

WEDNESDAY, APRIL 22, 2015

READ MY BOOK:

Explore aboriginal culture and storytelling in *Strange Bannock*. **P. 2**

SHARP EATS:

How to feed your family local organic produce with minimal effort. **P. 6**

WINE WORLD:

Adding bubbles makes any occasion one to celebrate. **P. 19**

A STARPHOENIX COMMUNITY NEWSPAPER

EXCELLENCE UNMATCHED

CLAUDE AND LYNN SEGUIN
HAVE THRUST FENCING
INTO THE SPOTLIGHT **P. 4**



READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

ARNOLD JAMES ISBISTER

Fireside tales put down on paper in Strange Bannock



Arnold James Isbister

I am First Nations, an author and a visual artist. In this book, I print you another world I hope you will enjoy and remember.

Storytelling and bannock are staples in our cultural diet that hasn't changed much over the generations. We think of bannock as stable, never changing and kind of boring. But, what if we added some foreign ingredients like bacon, garlic or asparagus?

That's the idea behind this book. The old with the new in a culture evolving as it grows yet keeping the past. I present a model for the reader to see what we see. But our history and maybe there's a laugh or some tears.

Stories are like old bannock: real

peas, trusted and true. Then there are the new ones carefully created to be stored and left. By accident or intention we drastically change the ingredients and taste. Or this is creative journey the bather and I offer a taste of the bannock along with the new ... and the strange.

The stories in this book are a compilation a wide composite of tales, history and fact usually told around a wood fire or log stove or around a fire in the trapping line. They don't have reason or scheme in the order they are told but have consistency in the dangerous recipe of emotion, dialogue and exhaustion. The stories are told in genres offering the share of warthogs in terms and retells others. They are bound together by the art of the na-

ture storyteller — a shaman of words who weaves fantasy and fact.

All are connected to the plains tribes who have for generations passed on their knowledge, education and history through the ancient art of storytelling. Accompanying these stories are finished parables with horrific lessons, timeless remember tales, and dark or silly anecdotes you will remember with a smile. There is a story for everyone, young and old.

Arnold's friend or bings once told me, "Time changes but not bannock. Bannock does change as the stories will show, some are even strange."

This book is available at [Parkville Books](http://www.parkvillebooks.com) in Saskatoon, [Aboriginal Books](http://AboriginalBooks.ca) and [Indigenous Books](http://www.indigenousbooks.com).



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ON THE COVER PG. 4



An entrepreneur known for hockey and football, Claude Speran has helped develop flooring chain across Southeast Asia and his students have reached the sport's top level. *PHOTO BY RICHARD MARSHALL*

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Jerry Argers (page 8) plants onions in preparation for the 20th garden season. Argers operates the Chestnut Ridge Urban Farm on several official garden plots in Oakville. *PHOTO BY GORD MALLINER*

BRIDGES COVER PHOTO BY RICHARD MARSHALL

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ON THE COVER

CLAUDE AND LYNN SEGUIN

Saskatchewan's first family of fencing



Fencers Claude Seguin and Shannon Cormier (right) who train under Claude and Lynn Seguin in Saskatoon, are heading to the Pan Am Games in Toronto in July. Photos by Michaela Rehmer

By Sean Trembath

In the world of fencing, one family name sets above all others in Saskatchewan.

The Seguins, and particularly their patriarch Claude, have established a legacy in the sport. Claude is the first Canadian born lessor to achieve the rank of Fencing Master—an international standard that requires very high proficiency in all three weapon classes, foil, sabre and épée.

Since training in Saskatoon in the late 1970s, Claude has become a proud fencing luminary.

In the past decade, local fencers have competed at every level, including the Olympics.

"Claude, I mean, he's created fencing in Saskatchewan. He's helped it to flourish and he's helped it to grow," says Shannon Cormier, who is preparing for the year-long process of qualifying for the 2016 Summer Olympics in Brazil.

"It's hard to find words to explain what he's done."

Claude's wife Lynn, a decorated athlete herself, has stepped into a coaching role alongside most of Claude's other protégés. His son, Jean

Pierre is a former world champion in the senior foil and épée level.

The accomplished master that I set out to find I expect to accomplish this much. I've trained some great coaches and good people," Claude says.

At 66, Claude is in the process of preparing the province's slate for his eventual retirement, whatever that looks like. He calls it his "plan of succession." He hopes that he'll be in the fencing club, but recognizes the need to pass the torch to the next generation of coaches.

"I'll just keep going, but my role is going to be less and less," he says.

Claude was introduced to fencing before he ever picked up a blade.

"I saw it on TV. The '67 world championships in Montreal. I said, 'That's what I'd like to get into.' And then when the opportunity arose, I did."

That opportunity came in the early '70s. He started fencing under an import from West Germany. As he pursued a degree in physical education at Lakehead University in Thunder Bay, Ont., Claude founded two clubs, one for the university and one for the city.

It's not a passive coaching spot. You don't stand on the sidelines orchestrating what's happening on the field. The coach is as physically engaged as the athlete. — Jean-Pierre Seguin

He already knew he wanted to make fencing his career, but didn't know if it was feasible. After school he spent some time coaching in Whistler. Then a job came up in Saskatoon, coaching the provincial team for the western Canadian Summer Games. Claude moved to Saskatoon in July 2012. He has been here ever since.

It took a while before he was able to produce any top-level athletes. There was no real fencing tradition in the province when he arrived. As with anything else, reaching the upper echelons takes time and dedication.

"It's the old rule: 10,000 hours or 10 years. That's in any sport, to get anywhere near the top or at least get into the position to do, as I have a shot," Claude says.

His first truly elite fencers were Allen Francis, who competed in the 2008 Olympics in Beijing, and Tom Balon, a top-8 finisher at a few

World Cup events and member of the Canadian national team.

Meanwhile, his son, Jean-Pierre, was rising through the ranks.

"Dad was like home," Claude says. In 2010, Jean-Pierre reached the top of the podium, winning the under-17 world title in Turkey.

"I was part happy to have one of my athletes winning at The Sun that it was my son was a little bit overwhelming. I didn't expect that," Claude says.

Lynne remembers waking up early every morning back in Saskatoon, checking the results online. When Jean-Pierre finally did it, she started trying to track them down in Turkey.

"I tried to phone them, and they were already partying by the time I got hold of them. As soon as he was they were out on the town. It was huge," she says.

Continued on Page B



FENCERS include the Savaria/Saskatoon Fencing Club. PHOTOS BY RICHARD MARSH

Saskatoon's Newest Modern Age-in-Place Design Suites

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Hyde Park View is transforming the concept of adult housing in Saskatoon. This new 50-plus housing development is ideally located across from Hyde Park and is surrounded by many stores and restaurants in Lakewood / Rosewood.

Life-lease suites are pre-selling with 32 units still available in this stunning 4.5-story building. Floor plans range from 825 to 1262 square feet, including one-bedroom-plus-den, two-bedroom and two-bedroom-plus-den suites.

Age-in-Place Design includes 36-inch wide doorways, spacious floor plans and a seven-foot, barrier-free walk-in tiled shower enclosed in glass.

Every life-lease suite receives one indoor parking stall in the underground heated garage, with adjacent individual dry walled storage rooms. Residents enjoy access to the numerous amenities spaces.

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Call Shelley Davis at (306) 612-3338 and visit www.hydeparkview.org online for more information. You are also invited to drop by Elm Lodge (1123 MacLennan) between 8am and 4pm to pick up a sales package.

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I was just happy to have one of my athletes winning it. The fact that it was my son was a little bit overwhelming.
I didn't expect that. — Claude Seguin



Claude Seguin was inducted into the Saskatchewan Sports Hall of Fame in 2006. PHOTO: RICHARD MARSH

Joan Pierre says the victory was obviously a special moment, but played down the father and son connection.

"For sure for him as a coach, he always wants the best for his athletes, including my self," he says.

Coaching fencing is different than a lot of sports, Joan Pierre says. The coach spends countless hours in the gym with the athletes, often setting as the target.

"It's not a passive coaching sport. You don't stand on the sideline watching what's

happening on the field. The coach is as phys-
ically engaged as the athlete," Joan Pierre says.

The coach pupil relationship is also responsi-
ble for Claude and Lynn's marriage.

Lynn began not as a fencer specifically, but
as a modern pentathlete. Modern pentathlon,
an Olympic event since 1912, was founded as
a test of the skills necessary to be a "modern"
soldier. Athletes compete in running, swim-
ming, shooting, equestrian and, of course,
fencing.

Lyne Chartrandewy was a world champion
in 1983 and was named Canada's female athlete
of the year. In 1984 she lived at B.C.'s lower
mainland. She started coaching fencing for the
local modern pentathlon club.

She was asked to coach at B.C.'s women's
fencing team, but required a higher level of
fencing certification. Claude was one of the
judges on the certification panel.

After her test, Claude approached to offer
her coaching. She started to travel to Saska-
tchewan and train with him.

"It was always a nice welcoming club and
the city was also because it was sunny and
there never was always raining," she says.
In 1981, she moved here. In 1982 they were
married.

Lynn is now a Fencing Master herself, and
truly entrenched as a coach. She hopes to one
day have one of her personal pupils make the
Olympics.

She is also a large part of Claude's career
and plans for the future of the sport in the
province.

I think he always considered it a huge accomplishment, not for him necessarily, but a huge accomplishment that fencing, as a sport that's relatively unknown in Canada, could survive here. — Jean-Pierre

"There has been a lot of thought to it," he says.

While still somewhat under the radar, the sport has proliferated greatly since the days when Claude first arrived. The only two clubs were in Saskatoon and Regina. Now there are clubs in Moose Jaw, Prince Albert, Swift Current and Airdrie.

Claude feels a personal stake in all of them. He made sure every club had a coach with at least a level-three certification.

"I can't work with every single athlete in the province, so the way to do it is educate the coaches," he says.

There's a kinship between the clubs, according to Jean-Pierre. While they compete hard, everyone is happy to see anyone from the province succeed.

"We work just kind of all in it together and trying to support each other," he says.

Jean-Pierre has stopped any serious competition, but that doesn't mean he has left the sticks. He's down to now an law school at the University of Saskatchewan. He still makes time to help out some of the up-and-coming fencers in Saskatoon.

"Like anyone who has benefited so much from an organization or a sport, it's just giving back in terms of time," he says.

"It gives you so much that to not give back doesn't just feel wrong, the thought of it doesn't even cross my mind."

Jean-Pierre doesn't know if yet but he's going to be a coach. He's really good, he says.

Claude's contribution to the province was officially recognized in 2008 when he was inducted into the Saskatchewan Sports Hall of Fame.

"It was nice to be accepted," he says, adding that the low profile of fencing makes it a particular concern. He makes sure to credit the coaches and athletes he has worked with for his success.

"I think he always considered it a huge accomplishment, not for him necessarily but a huge accomplishment that fencing, as a sport that's relatively unknown in Canada, could



John received of Saskatoon right, fencer with Ghislaine-Madeline of Brossard, Que., at the Canada Winter Games in Whitehorse in 2007. (CP PHOTO)

someday here," Jean-Pierre says.

He takes pride in educating athletes that are successful not only in fencing but in life. He says a large percentage of his students go on to get university degrees. He feels that by pushing them to excel in fencing, he

teaches them to do the same in other areas. Not to mention how good a national championship looks on a resume, regardless of industry.

So as Claude looks toward the end of his career, his legacy is already entrenched. The Regina family and the

fencing tradition they have forged will live on in the athletes the province produces. Athletes like Sean Connerford, who embodies that legacy and feels like a representative of that tradition as she prepares to embark on her quest for the 2016

Olympics

Whenever I travel, I'm so proud to say I'm from Saskatoon. Nobody knows where that is, but being a small town girl I'm so proud to say where I'm from and tell them of the excellence we have here."

SHARPEATS

See a food trend you think deserves a highlight in Bridges?
 Email bridges@thestarphoenix.com
 or visit Bridges on Facebook

SASKATCHEWAN FOOD SCENE

Getting local organic produce with minimal effort

By Jenn Sharp

Buying a CSA share is an ideal way to have local, organic produce all summer with minimal effort.

Becoming part of a community-supported agriculture (CSA) business means you'll get fresh produce throughout the season from growers in Saskatchewan. Some even offer shares that extend during the winter months. Consumers share in the bounty but also share in the risks of farming (incident weather can affect crop yields).

If you want to become a CSA member, you purchase a share of the anticipated year's harvest. Members receive boxes of produce weekly or biweekly at central pickup locations and CSA have the option of adding on eggs, meat or bread.

For those living in Regina, there are two places to buy weekly produce boxes from local farmers or growers without committing to a regular share.

The only horizon vegetable grower CSA in Saskatoon is PayDirt Farms, located near Willow. Owners Great Black and Patricia Robertson follow the traditional CSA model, which supports the vegetable grower.

"That tried and true method creates a sustainable economic model," says Robertson. "This approach holds a stable local vegetable source."

They're also committed to food purity and diversity. PayDirt Farm's open-pollinated horizon seed varieties are sourced from independent seed companies and the organically-grown vegetables contain nutrient-rich vitamins and minerals. The couple also likes to experiment with new and unusual varieties.

Shares are considered an investment in PayDirt Farms.

"We pay dividends in produce, hillbilly songs and stories, which are harvested the same day for a CSA member," says Black. A member's seasonal investment allows us to sustain the horizon organic vegetable operation from year-to-year ... and members get to enjoy sugar beat leafy vegetables."

Chase Nutrition Urban Farms is a new CSA in Saskatoon built on a wholly sustainable business model. Jared Regier will make all vegetable deliveries on his bike, which has a trailer capable of hauling 10 kg. He's also planning an bike to each of his three garden sites in the city.



Jared Regier has started landscaping garden plots for the 2013 garden season. Regier operates the Chase Nutrition Urban Farm on several different garden plots in Saskatoon and makes all the produce delivered by bicycle. Photos by Jenn Sharp/StarPhoenix

"I'm going to be fit," he says with a chuckle of biting in the gardens and making the beds earlier. "That it's something that we really care about, growing that it's possible."

He and his wife, Rachel, bought the Burnbrae property, which includes Grade 18 status about the environment, at Aden Bowring College.

"We've been teaching people about growing food for a while there. Now we've just got thinking to get out there and do it ourselves ... and share it with people."

Regier says local, sustainable food is better food.

"Kosher though we produce a ton of food in this province, most of it is grown and sent off

it's shipped away."

He also understands the time constraints on many families. Few have time to garden at the end of the day. Buying a share in his CSA allows families to keep their lifestyles the same, while supporting a sustainable farming model.

"It's different to people homes in Saskatoon's more neighbourhoods. All the shares are sold out for the 2013 season. We wanted to keep it small for the first year, but will expand in 2014. Visit www.chasenutritionurbanfarm.com to get on a wait list."

jsharp@thestarphoenix.com
Facebook.com/ChaseNutritionUrbanFarm



Patricia Robertson, owner of Pay Dirt Horizons Farm, with the 2013 CSA member, Karmen. PHOTO COURTESY PAY DIRT HORIZONS FARM

SHARP EATS



Grant Black is an avid organic grower who cooks the scratch here between the可食地rows at Big Dirt Acres. Photo courtesy of Big Dirt Acres

SASKATCHEWAN CSAs

ETCHAMI ORGANICS ECOPARM: [WWW.ETCHAMIOrganics.COM](http://ETCHAMIOrganics.com)

Kerry Nea operates his organic CSA near Hudson Bay. He delivers twice monthly in the summer, and once a month in the winter to Saskatoon's Regina, Moose Jaw, Yorkton and Prince Albert.

CSA shares for the 2015 16 season begining May 1 and are \$80 per month payable via pre-loaded cheques or auto debit. A full year double share is \$160 per month. Beef, chicken and eggs are also available.

PAYDIRT FARM HEELOOM CSA: [WWW.PAYDIRTFARM.CA](http://www.paydirtfarm.ca)

PayDirt Farm follows the CSA field-to-fork model, which equals no pickups per season at an east side Saskatoon location, mid-August to mid-October.

Each member can expect to receive an share of organic vegetables plus a big bag of organic potatoes. A 2015 share is \$160 for the season.

Net CSAs hot offer is up to support Saskatoon's greener and greener local produce.

LOCAL & FRESH: [WWW.LOCALANDFRESH.CA](http://www.localandfresh.ca)

Local & Fresh is growing the size and sustainability of Saskatchewan's food network by making easier for people to eat local. Produce comes from farms and year round greenhouses in the province, and is then delivered to homes in Regina.

BODY FUEL ORGANICS: [WWW.BODYFUELDELIVERY.CA](http://www.bodyfueldelivery.ca)

Body Fuel offers one selected organic product, tons of varying sizes and prices. Produce comes from Saskatchewan as much as possible in the summer season. Delicacies are available in Regina, White City and Radcliffe.



Grant Black is the driving force of the participating which is adapting to flower. It appears about one hand from the ground. It is cut off so the body fuel delivery can be used for many other uses like particulates, oil well remediation and anything that requires some punchy, punchy herbicides. May 2015 photo date.

Produced by



Presented in French with English subtitles on Thurs, Fri, Sat @ 8 p.m.

Written by
Jean-Rock Gaudreault
Directed by
Denis Rouleau
With
Gary Boudreault
David Granger

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EVENTS

MUSIC

Wednesday, April 22

Robbie Hill
Buds on Broadway,
877 Broadway Ave.

Heather THIEZER w/ Bassist
Mike

Verso's Tavern,
864 Broadway Ave.

Steve & Bob's Blues
Piggy Pub and Grill,
1403 Broadway Ave. N.

Thursday, April 23

Whiskey on a Sunday
Cricketts Restaurant &
Lounges,
1-225 Broadway Ave.

Real Phoenix
Buds on Broadway,
877 Broadway Ave.

Big Band Series: High School
Big Band Night
The Basement,
2044 Fourth Ave. N.

Deadline w/ The Northern
Light, Paul Coulombe Band
McEwan
Amigos Cantina,
800 Broadway Ave.

Belldonneau & The Temps
w/ Northern Blues and Night-
vibes

Verso's Tavern,
864 Broadway Ave.

Lotte Blatt
Village Gothic & Amo,
432 200th St. W.

Fri., April 24

Possey Design
Buds on Broadway,
877 Broadway Ave.

Plane Fridge: Sheldon Cor-
berts
Roots Series: John Wart

Heinen's
The Basement,
2044 Fourth Ave. N.

Lady Henrie
Army & Navy Club,
359 First Ave. N.

The Stanfenda Trio
Motley Johnson,
3330 Eighth St. E.

Lemon Drive
Foothills Senior Citizens'

Centre

The Headless
Twin Town Tavern,
3330 Fairlight Dr.

Mark Miller Sleep Disco Party
Lester's Pub,
821 Carling Dr.

Pandemonium w/ Jesus and
the Cannibals and Callous

Review
Amigos Cantina,
800 Broadway Ave.

Jazz w/ Emilio Del Ganto and
Alvaro Diaz
OG-Bar Event Centre,
245 Second Ave. S.

The Whistlers Jérôme w/ David

Stewart and Jason Page

Verso's Tavern,
864 Broadway Ave.

The Motelwings w/ Black
Vines

Capitol Music Club,
244 First Ave. N.

Saxy Sheen Party: Mark Mills
w/ Michelle

Lester's Pub,
821 Carling Dr.

BC Head Band
Piggy's Pub and Grill,
1403 Broadway Ave. N.

Brakka'son's Leprechaun
Jazz & Blues Review

Somewhere Else Pub & Grill,
2003 Broadway Ave.

Sat., April 25

Penny Design
Buds on Broadway,
877 Broadway Ave.

Plane Saturday's Pub Crawl
Jazz Travellers Series: The

Coolers w/ The Three Stooges

777 Broadway Ave.

Tues., April 28

Skin Chance and the High
Wishers

Motley Johnson,
3330 Eighth St. E.

Sheeting Gun w/ B.A. John

stoned Black Thunder
Amigos Cantina,
800 Broadway Ave.

Non-Phixion 20th Anniv-
ersary Reunion w/ Bill Hill,

Barrie, Sabic Redhead &

Others

OG-Bar Event Centre,
245 Second Ave. S.

Clad Reynolds & The Sex w/
The Poet

Capitol Music Club,
244 First Ave. N.

Living Hear w/ Pendles in Je-

rrms, Living Rivers and Jared

Brown

Verso's Tavern,
864 Broadway Ave.

BC Head Band

Piggy's Pub and Grill,
1403 Broadway Ave. N.

Blues Series: Bubba Winstick
The Basement,
2044 First Ave. N.

The Coopshouse 10th Anniv-
ersary Year w/ The Persika

File

Amigos Cantina,
800 Broadway Ave.

Mon., April 27

A silicon Reed
Buds on Broadway,
877 Broadway Ave.

Tues., April 28

Jeff Lippard
Saloon Central,
3625 Thurlow Ave.

Aficionado Reed
Buds on Broadway,
877 Broadway Ave.

Unifilled
Capitol Music Club,
244 First Ave. N.

St. ART

Marlene Art gallery
101-741 35th Street

The Art of Conversation
Until April 24 at Ideas Inc., 120

Indigenous artists, 43rd an-

What you need to know to plan your week.
Send events and photos to bridges@thestarphoenix.com



Strawberry Hill by Christine Hennigar on display at The Gallery at Art-Pacement

local School Art, and the *W* & *W* Artists by Artists members' art

exhibition, *Time and Water*, with works by Deni O'Brien and master Terry Billings. Check out the *Artists' Art* and *Artists' Art* gallery stops. The gallery will be closed June 6.

Hambooke and District Gal-
lery

Until April 23 at 601 Main St.,
Hambooke. *Golden Immacu-*
late by Lindsay Knott. An
exhibition of fine art and
sewing/crafts work. *External*,
a local perspective exhibit by

Sharon Listerman; runs until

June 27.

Eve Gallery

Until May 9 at 111-132 College
St. Dr. Myself of View is a solo
art exhibition by Heather from
Kindergarten to University level.
Opening reception April 23,

4-6 p.m. to 7 p.m.

Bert & Threast

Until April 24 and April 27-30,
at The Galleries, Innovation
Place, 13 Innovation Blvd.
Please note: The opening reception
and a spring show and sale
begin April 23, 3 p.m. to 10

The Art of Conversation

Until April 24 at Ideas Inc., 120

Indigenous artists, 43rd an-

ART

Haus Art Supply

Until April 26 at 1618 Lorne

Ave. *Permaculture* by Mervin

Swarts

The Gallery at Art-Pace

Until April 23 at 222 Third Ave.

S. *Towards the Strawberry Hill*

by Cindy Hennigar

ART

Heads Up Third, Wetness

Through April 11 132 Third Ave.

Wetness

Until May 2 at 132 Broadway

Ave. *Wetness* by Cindy Hennigar

Heads Up Third

Until May 2 at 132 Broadway

Ave. *Heads Up* by Cindy Hennigar

Heads Up Third, Wetness

El. *Wetness*, It's a Show, a

Sex, *Wetness* by Cindy

Heads Up Third, Wetness

Centre, 110 Grosvenor

Wetness

Art in the Centre

Through April 26

Art in the Centre Work

by the *Seaweed* Quilt Guild

Westmen Development Mu-

seum

Through April 23 at 2010 36th

Street. *Art in the Centre* Work

by the *Westmen* Quilt Guild

Westmen Development Mu-

seum

Through April 23 at 2010 36th

Street. *Art in the Centre* Work

by the *Westmen* Quilt Guild

Art in the Centre

Through April 26

Art in the Centre Work

by Cindy Hennigar

Art in the Centre

Through April 26

Art in the Centre Work

by Cindy Hennigar

Art in the Centre

EVENTS

Parent and Toddler Yoga

Thursdays, 9:30 a.m. to 10:15 a.m., 10 weeks. Starts April 23. \$100. 215 Third Ave. S. Classes taught by Nine Zest. For parents and their toddlers ages one to three. Participants will be introduced to the world of yoga. Classes include postures, poses, meditation, movement, play and song. Classes are six weeks long. Register at www.ninezest.com or call 306-309-8852.

Phone in Kind

Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Services at The Mall at University Heights. Classes cover common household body-care and makeup using exotic oils, tubing and associating for parents and babies. Participants are invited to bring their babies. No classes on stat holidays.

Baby Talk & Spa

Fridays, 9:30 a.m. to 10:30 a.m., at Allie Turner Branch, Morden. 10:30 a.m. to 11:30 a.m., at Derby King Branch and 10:30 a.m. to 11 a.m. at CFCM. Workshops include learning and sharing, then mingle with other parents.

Kid Yoga Classes

Agnes River 10 a.m. to 10:45 a.m.; 11:30 a.m. to 12:15 p.m.; home; schoolages ages five to 12 on Mondays, 10:30 a.m. to 11 a.m., 10 weeks. \$100. Classes taught by Nine Zest. Helps kids regulate emotions, find focus, no location, self-awareness and inner resilience. The Physical Education department believes strength, flexibility, coordination and body awareness. Classes are six weeks. Register at www.ninezest.com or at stat holidays.

Present in Partner Workshops: Yoga for Children

Saturdays, 10 a.m. to 11:30 a.m., at Birthright Yoga, 245 Third Ave. S. Instructed by Nine Zest. Learn various tools and techniques to help you through labour and birth. No previous yoga experience is necessary. Classes are six weeks. Register at www.ninezest.com or call 306-309-8852.

Eight-Semester Banking Seminar: East Outflow Outplay

April 25, 26, 30, June 12, 13, and July 10, 11, 12, 13, 2015. At Prairieview Park. A children's consultation sale. Consult

items or shop for items you need for your children. Administered by Saskatchewan Food bank donations. For more information, visit saskfoodbankoutfournovacare.com.

Brewing Buddies

April 29, 30, 10 a.m. to 10:45 a.m., at Minnesota Valley Centre, 202 Third Ave. S. Milder ages seven years young brewing buddy. Plant seeds, learn about plants and elements to grow your own and find a special personality. A drop-in craft for all ages.

Free Kid's Fun

Sundays, 2 p.m. to 4 p.m., at the Mondal Art Gallery 560 Saskatchewan Ave. For ages four to 12. Art-making activities last by gallery art. Workshops are provided. April 19, Bluff school art world tour. For Earth Day.

More Baby Yoga

Montreal, 11:30 a.m. to 12:30 p.m., 10 weeks. \$100. Classes taught by Nine Zest. For mothers with babies as young as six weeks. Tone and strengthen your body, increase your baby's strength and explore baby-toddler-work. Classes are six weeks. Register at www.ninezest.com or call 306-979-2349.

Presidential Yoga

Montreal, 12 p.m. to 1 p.m., at Prairypreneur and Entrepreneur, 100 10th St. S. Tuesdays, 10 a.m. to 11:30 a.m. Classes taught by Nine Zest. A seminar to introduce you designed to help with post-injury recovery. Baby first class with a car seat included. You will learn four weeks to two years postpartum. Teacher at midgesport, with many years experience. Register at www.midgesport.com or at stat holidays.

Canadian Light Source (CLS) Public Tours

Montreal, 1:30 p.m. at the Canadian Light Source, 100 10th St. Research Day. The synchrotron research facility is open for the public. Photo opportunities are required. Call 306-657-3546. For more information, visit www.cls.ca. Contact 306-657-3546, clsinfo@cls.ca.

Presidential Yoga

Montreal, 8 a.m. to 9 p.m., at Prairypreneur and Entrepreneur, 100 10th St. Tuesdays, 10 a.m. to 11:30 a.m. Classes taught by Nine Zest. For babies, toddlers, preschoolers and adults. Classes are free for any stage in pregnancy. Call 306-251-5443.

or small major(cle)@jpmail.com. No class on stat holidays.

Playgroup

Monthly and seasonal events. Hosted by Prairie Hearts Learning Community, a group of parents who follow Montessori philosophy. Programming is aimed at children ages two to five, but all ages welcome. Information on their Facebook page.

Preschool Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at the CFCM, 10:30 a.m. to 11 a.m., 10th St. For children ages three to five in the Circle of Trees. Call 306-979-4575.

Engineering for Kids

Children ages four to 14 can learn about technology and how engineers make it develop. Camps, camp, parties and clubs with a focus on STEM enrichment activities, out-of-classroom and regular at engineeringforkids.net. Registration starts at 306-679-6788.

BBG KIDS 4-1000: Saskatoon

Regular after-school programs, preschool classes and summer camps for all ages at various locations in Saskatoon. An atmosphere for students to build unique skills and interests and have fun with LEGO® bricks. Visit bbgkids.com or call 306-979-2349.

Saskatoon Public Library Programs

Ongoing daily programs for children and families. Visit saskpubliclibrary.ca or call 306-974-7016.

■ SPECIAL EVENTS

Saskatoon Farmers' Market

Montreal, 8 a.m. to 1 p.m., and Saturday 8 a.m. to 3 p.m. and Saturday 8 a.m. to 2 p.m. Farmers in attendance. Saturday 10 a.m. to 1 p.m., and Sunday 10 a.m. and Sunday during market hours. Food service and specialty shops are open. Information on www.saskfarmersmarket.com. Contact 306-242-8292, sfm@telus.net.

Barangs Restaurant Show

Wednesday, 10:30 a.m. to 3 p.m. at 101 Paul's United Church, 245 Third Ave. S. Taught by a couple and their son. For babies, toddlers, preschoolers and adults. Classes are free for any stage in pregnancy. Funds raised support the LightHouse project.

What you need to know to plan your week.
Send events and photos to bridges@thestarphoenix.com



Catch all the action of the Hawks Club basketball April 26, 2 p.m., at SaskTel Centre. (REUTERS PHOTO BY LANA SOTO)

MayFair Carpet Bowling

Wednesday, 10:30 a.m. to 11:30 a.m., 10th St. For carpet bowls and snooker players. All ages welcome. For information call 306-651-2551.

Nature Nurtured & Variety Show

Sheep Funhouse

April 22, 7:30 p.m., at the

Unitarian Congregation of

Saskatoon. \$15.

For tickets

call 306-651-2551.

Locality

Locality

prepares a meal

for participants,

and assesses

the participants

and their

caregivers.

Locality

is a not-for-profit

organization

that provides

locally

grown

and

organic

meals

and

other

services

to people

with

disabilities

and

their

caregivers.

Adult Games Painting Class

April 22, 9 a.m. to 11 a.m.,

10th St.

Painting

10th

St. Ferries

10 a.m. to 1 p.m.

Up

Acrylic

painting.

The project is

country

bound.

Register at 306-

373-3236.

SPC Dancas

Thursday, 7 p.m., in room 12

at Allie Community Centre,

101 Clarence Ave. S. Saskatoon

International Folkdance

Club. Learn dances

from around the

world. First night is free. Visit

www.spcdancas.com

The Brain and the Budget

Wednesday,

April 22, 7 p.m., at the

Unitarian Congregation of

Saskatoon.

Free admission.

For information

call 306-651-1255.

or 306-651-1255.

Starlight Musical Theatre

Wednesday,

April 22, 7 p.m., at

10th St.

Centre

bring their

unusual

family

show to

Starlight

theatre

information

at 306-938-7000.

or 306-938-7000.

Starlight Cabaret

Wednesday,

April 22, 7 p.m., at

10th St.

Centre

bring their

unusual

family

show to

Starlight

theatre

information

at 306-938-7000.

or 306-938-7000.

Painting with a Purpose

Wednesday,

April 22, 7 p.m., at the

Unitarian Congregation of

Saskatoon.

Free admission.

For information

call 306-651-2551.

or 306-651-2551.

Painting with a Purpose

Wednesday,

April 22, 7 p.m., at the

Unitarian Congregation of

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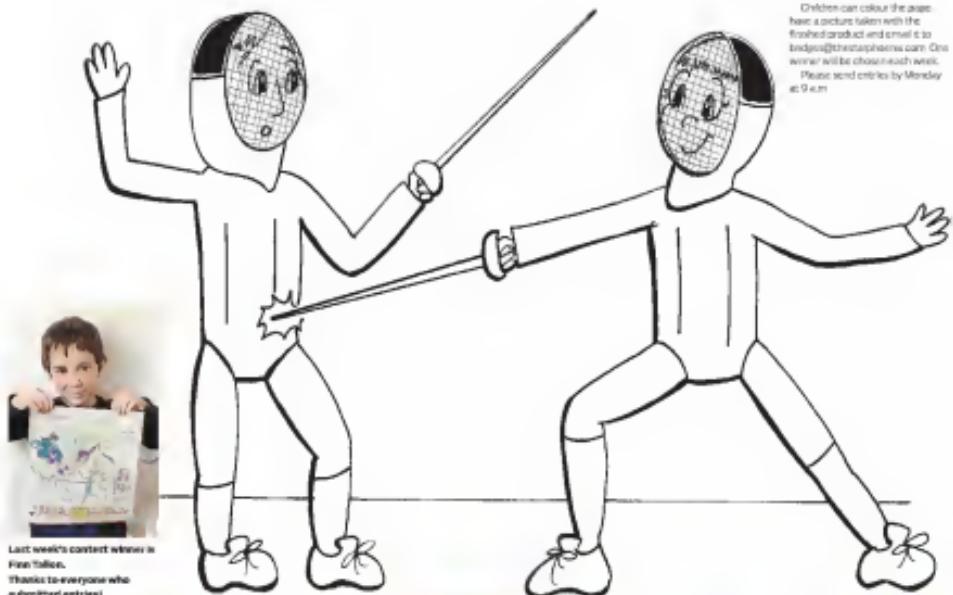
For information

call 306-651-2551.

or 306-651-2551.

OUTSIDE THE LINES

Colouring contest



Last week's contest winner is
Finis Tolosa.
Thanks to everyone who
submitted entries!

Each week, Stephenie McKey creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bigdog@truebluemedia.ca. One winner will be chosen each week. Please send entries by Monday at 9 a.m.

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IN THE CITY

APRIL 19, 2015 — 4:54 P.M.

Skating with a star



Gwen Stefani signs an autograph for Melisa Scutteings, age 8, prior to being a guest for the Seakaroon Lions Speed Skating Club awards banquet at Bethlehem Catholic High School on April 19. (BRIAN PHILP/PHOTO BY LISA ORBACHES)

ON THE SCENE

2015 BADGE, SHIELD & STAR CITIZEN AWARDS

Three people were honored for their outstanding contributions to Saskatoon's emergency services at the annual Badge, Shield & Star Citizen Awards April 15 at Prince Park.

Ron Field, executive director of the Saskatoon Crisis Intervention Service, received the Badge Award. Field helped develop the Police and Crisis Team (PACT) the first of its kind in the province.

The Shield Award went to Romelia Hell, who is an extensive student retention worker with the Greater Saskatoon Catholic School Board. She partnered with the Saskatoon Fire Department, and helped select appropriate students to visit the department during Take Your Kid to Work Day.

Mary Friesen received the Star Award for his quick thinking when a client he was transporting via shuttle service went into cardiac arrest. Friesen, a paramedic, took the client to the nearby MD Ambulance where paramedics were able to revive her.

1. Michael LeClech, Hayley Lounsbury, Shanna Kurnan and Jannette Thivierge

2. Rod Rabbity, Pat Peucher, Margaret and Joe Senth

3. Jonathan Youkawie and Jason Trantman

4. Callies Carter Zimmerman, Dennis Gazzaniga, Michael Turner, Trevor Dennis, Steven O'Gorman, Jacob Fournier and Machala Belknap

5. Tyler Klassen, Amy Ts, Peggy and Bob McKencher

6. Domen and Cleveland Goetz, Lea Robison and Mike Giesbrecht

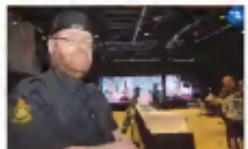
7. John Campbell (seated) in each of the services' fests to begin the evening.

8. Mike Isaac, Dennis and Julie Gibbons, Michelle Hutter, Linda and Gabe Poo

9. Diane and Chet Hendrick, and Brian and Karen Conway

10. Peter John Campbell

11. Leni and Diane Ballard



CROSSWORD

NEW YORK TIMES Edited by Bill Shortz

Edited by MA Shorty

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- 1 Hats for Indians Zone
- 2 70% of the
Hic. H
- 3 Convert ...
- 4 Silicon Preliminary
- 5 "It's inevitable"
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- 56 "... in it"
- 57 ~~carrying~~
- 58 ~~not number~~

2004

- 1 Put questions in an e-mail
- 2 "Bon Appétit" for one
- 3 Personalify performance

JANRIC
CLASSIC
EDITION

1 month follow-up

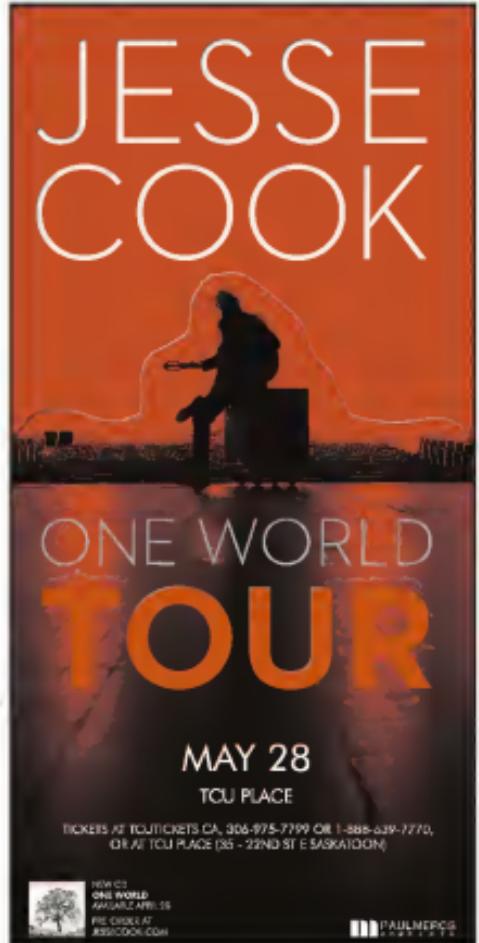
Block cipher
Fill in the blank cells
using numbers 1 to 9.
Each number can ap-
pear only once in each
row, column and 3x3
block. Use logic and
elimination to solve the
puzzle.

to solve the puzzle.
The difficulty level
ranges from Blue
foxes to Silver
to Gold Pandas.

DISCARDED BY TIME OF PUBLICATION

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46 *Output from a showerhead* 8
47 *Chlorophyll* 8
48 *Vit C to New Zealand* 8
49 *that material of the* 8
50 *Phlebotomist* 8
51 *Canadian bacon* 8
52 *A long, long time* 8
53 *Applies* 8
54 *BA, BA, coach* 8
55 *With the exception of* 8
56 *Resonance from a* 8
57 *rubber stamp* 8

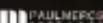
Saltman is the
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the Sudoko entries
found on Page 12.



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GARDENING

GARDENING IN SASKATCHEWAN

The best saskatoon berry varieties for your garden

By Sara Williams

David Thompson, an early Canadian explorer, wrote one of the first descriptions of the much-loved saskatoon berry in 1798:

"On the great plains there is a shrub bearing a very sweet berry of a dark blue colour, much sought after. Great quantities are dried by the natives, in this state the berries are sweet as the best currants. The wood is preferred for their arrows and bows as it is weighty, pliant and susceptible. It ought to be cultivated in England and Canada."

Early settlers quickly adopted the berries for their jelly, preserves, pies and jams. By the turn of the last century, passers were transplanting saskatoons from the wild to their prairie homesteads. And it's not just for food production: saskatoons have valuable ornamental features thanks to early spring flowers, coupled with fall colours ranging from yellow to orange and the occasional purple.

Almost all saskatoon cultivars are superior selections from the wild, surviving winter temperatures of -30°C or lower. They have a wide geographic distribution and are highly variable in terms of height (just a few inches) to 10 feet, fruit size, taste, ripening uniformity, yield and suckering (vigorous — ideal for horticultural growers, trees and storage, or slow yet — more suited to a small urban lot).

Saskatoons are very low-maintenance, hardy, and very frost-tolerant.



Saskatoon berries are ripe for picking when their skin is a deep blue to purple colour.

Photo: GUY COUNTRY MEGAS

into full production by eight years. With proper care, they will continue fruiting until 30 to 50 years old.

The following are descriptions of just a few of the available cultivars:

HONEYWOOD

• Flowers later than most cultivars, generally avoiding frost damage. It has large (10-12 mm) red flowers in clusters of up to 35 berries with a mild, flavour, ripening over three weeks. It's very productive, beginning at an early age. The plants are 2.5 m tall and wide with spreading branches and moderate suckering.

THIESSEN

• Blooms early, making it more susceptible to frost damage. The

large berries (12 mm) have good flavour. It's very productive and the fruit ripens over a long period. The plant is 4.4 m tall x 1 m wide with a rounded form.

MARTIN

• A heavy producer with large fruit (10-15 mm) of excellent flavour that ripens uniformly. The plants are 2.5 m tall x 1 m wide with a compact form.

NOTHLINE

• Flowers and fruits a bit later than other cultivars. The berries are 16 mm, full-flavoured, sweet and very productive from an early age. They ripen at the same time. The plants are 1.5-2 m tall x 1.5 m wide, upright and slightly spreading with a suckering habit.



Pretty clusters of white flowers on Saskatoon berry cultivar in the spring. Photo: GUY COUNTRY MEGAS & NATIVE PLANT SOCIETY OF SASKATCHEWAN



Saskatoon berries with ripe, wrapped leaves in a rustic Saskatchewan dish. Photo: GUY COUNTRY MEGAS

SMOKY

• Probably the most common commercially-grown cultivar in Canada. It ripens late enough to usually avoid damage by spring frosts. The berries are 16 mm, dark, round, sweet and mild and in bunches, and clusters. It is very productive with consistent annual production. The plant is 3-4 m tall x 1.5 m wide upright and spreading with a suckering habit.

Next week: Caring for saskatoons after frost damage.

Sara Williams is the author of the newly-released *Choosing the Prairie Berrycrop and the Saskatoon Berry*. Rose Park & Son's *Photographic History Series* will be hosting a garden party in Ireland on September 6. For more information, call Ruth at 1-888-775-2322.

This column is provided courtesy of the Saskatchewan Horticultural Research Council (www.saskhort.ca; www.saskhort.ca/ahorticulturalcouncil.html). Check out our bulletin board or calendar for upcoming garden information sessions.

WINE WORLD

SASKATCHEWAN WINE SCENE

Adding bubbles makes any occasion a celebration

By James Romanow

Almost a month ago, I was introduced to a fine sparkling wine by Bill Morris of Meewasin. Soberhouse Bill runs a wine bar the same way he runs his restaurant, with undiluted ease. I asked him where he got the wine on as he sat sly about special ordering wines. I was shocked to discover that pen is on the SLGA general list, and I had somehow overlooked it.

Why you can buy it at your corner SLGA and you can ask for Borsig's Meringue, the bistro in Bellevue, stock the stuff. If they don't stock it, they're missing a beat.

Sparkling wine is a great food accompaniment, with pretty much everything. Right now, Meewasin is putting up an every-thinking-wine tag line. They are a bit safely made and priced to drink. And of course, the addition of a few bubbles makes any occasion something to celebrate.

Prosecco is a light, dazzlingly drinkable sparkling wine with a flavor set completely different from Champagne. Billequette de Lorraine's son depends on the rosé varietal for the core flavor. (You can also find Cristal de Lorraine which uses the more familiar chardonnay and sauvignon blanc.)

Traditionally vinified meuse cuvee will and taste almost like cider. Most of this rarer flavor set has been eliminated by modern



winemaking. However, it is fun to find the sort of a fresh cut-twig that many people notice on the wine.

The palate still has traces of apple, but these days it's a little more floral too, with a very fresh, almost lemony palate, and a quiet hint of peach on the finish.

Prosecco Billequette de Lorraine 2012 \$11.99

More wine in Monday's paper and on Twitter @jromanow.

Crossword/Sudoku answers

FEDORAS	USC	GFS
EPISODE	SPLITTY	
DIVISION	MOMOSKI	
CARIBBEANQUEEN		
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CANTIS HOBOSSES		
BRASAWK PLAT		
SAWN SOI MHO		
PREDATORPHOBES		
RENEGO AMSCRAT		
ANDREAS BEEHIVE		
YAT GLY STROKES		

2	6	4	3	5	9	7	8	1
7	3	8	6	2	1	9	5	4
5	1	9	4	8	7	6	2	3
1	4	3	2	9	5	8	6	7
8	2	6	7	1	4	5	3	9
9	5	7	8	3	6	4	1	2
3	7	5	9	6	2	1	4	8
6	9	2	1	4	8	3	7	5
4	8	1	5	7	3	2	9	6

Nuts About Nature At Beaver Creek Conservation Area

Hi folks! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,
Where do the pelicans go in the winter? Do they fly south?

Mike



Pelicans begin their long journey south in late September and early October when other animals are getting ready to hibernate and you humans are putting out your winter coats. They migrate to warmer coastal areas southern North America, the Gulf of Mexico and as far as Central America. That is a distance of 4,000 km or, in human terms, the equivalent of driving 120 times around the City of Saskatoon! Now pelicans don't do this long journey in one long flight. Instead, large groups of pelicans will stop along the way to rest and catch some much-needed food in the lakes and waterways along their flight path. When their journey is complete they make a warm coastal base: estuaries, and sloughs where there are lots of shallow waters for feeding and sunbathers for catching some sun. But, every year the pelicans return to Saskatoon to feed and take our local delicacy from the river, fresh fish. Keep your eyes to the sky because our pelican friends should be returning anytime now!

Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip

Follow me on Facebook
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Watch Meewasin's *Wetlands* to learn more about the area
Watch meewasin.ca for updates
Email meewasin@meewasin.ca



Meewasin



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